

Richmond In-Person Education Sessions

Fall 2024

****Registration Required – See last page for details****

<p>CORE CLASSES</p> <p>Get the most important information for managing arthritis</p>	Managing Hip/Knee Arthritis		
	Tues Oct 29	10:00 - 12:00PM	CHAC
	Tues Nov 19	10:00 - 12:00PM	CHAC
	Exercise & Arthritis		
	Thurs Oct 10	1:00 - 3:00PM	CHAC
	Thurs Nov 21	10:30 - 12:30PM	CHAC
	Tues Dec 17	10:00 - 12:00PM	CHAC
	Pain Management		
	Thurs Oct 3	1:00 - 3:00PM	CAMBIE
	Thurs Nov 14	1:00 - 3:00PM	CHAC
	Nutrition, Supplements & Arthritis		
Thurs Oct 24	1:00 – 3:30 PM	CHAC	
Thurs Nov 28	2:00 – 4:30 PM	CHAC	
<p>JOINT-SPECIFIC CLASSES</p>	Hand Arthritis		
	Mon Oct 21	10:00 - 12:00PM	MIN
	Thurs Dec 12	10:00 - 12:00PM	CHAC
	Foot and Ankle Arthritis		
	Returning Winter 2025		
	Osteoarthritis of the Spine		
	Mon Dec 9	1:00 – 3:00PM	CHAC
Shoulder Arthritis			
Fri Nov 29	10:00 – 12:00PM	CHAC	

ADDITIONAL CLASSES Taught by a Registered Nurse or Dietitian	Mindful Eating Part 1 and 2 (Please attend Part 1 before Part 2)		
	Tues Dec 3 Part 1	2:00 - 4:00 PM	CHAC
	Tues Dec 10 Part 2	2:00 - 4:00 PM	CHAC
	Beverages		
	Wed Oct 30	10:30 - 12:00PM	CHAC
	Introduction to Meditation		
	Returning Winter 2025		
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Thurs Oct 10	10:00 - 11:30AM	CAMBIE
	Wed Nov 13	1:30 - 3:00PM	GWC
	Basic Hip and Knee Exercises	*Must attend "Exercise and Arthritis" as a prerequisite	
	Fri Oct 18	10:00 - 11:30AM	GWC
	Wed Nov 6	1:30 - 3:00PM	GWC
	Fri Dec 13	10:00 - 11:30AM	GWC

REGISTRATION

Please call the appropriate location to register:

CHAC - 604-875-4544 Community Health Access Centre 7671 Alderbridge Way, Richmond	SOUTH - 604-238-8060 South Arm Community Centre 8880 Williams Rd, Richmond, BC
GWC - 604-875-4544 Garratt Wellness Centre 7504 Chelsea Place, Richmond	MIN - 604-233-6225 Minoru Centre for Active Living 7191 Granville Avenue, Richmond
CAMBIE - 604-238-8399 Cambie Community Centre 12800 Cambie Rd, Richmond	

It's Free!

For more information, go to our website:

oasis.vch.ca

Class dates and times listed may change.
 Please visit www.vch.ca/oasis for the most current version of this schedule.